



Frequently Asked Questions (FAQ)

1. What is Empower?

Empower is a nonprofit organization dedicated to supporting, connecting, and empowering children, teens, and young adults who have experienced the loss of a parent. We offer events, a unique one-to-one Mentor Program, and a supportive community to help individuals navigate the challenges of grief and loss.

2. Who can participate in Empower's programs?

Our programs are available to children, teens, and young adults up through age 24 who have experienced the death of a parent.

3. What types of support does Empower offer?

We offer two supportive programs:

- **Events:** We host large and small gatherings to help individuals connect with others who have experienced similar losses. These events provide a sense of community and remind participants they are not alone.
- **Mentorship:** Our unique Mentor Program matches children, teens, and young adults with positive role models who have also experienced the loss of a parent. Mentors and Mentees hang out a few hours a month doing normal, everyday activities. Our Mentors are not a replacement for a lost parent. They listen, relate to a child's loss, and provide support.

4. How can I sign up for events or mentorship?

You can sign up for events or mentorship programs by visiting the "Mentor Program," "Events for Kids," or "JOIN" sections on the website. There, you'll find more information on how to apply and register.

5. Is there a cost to participate in Empower's programs?

No, all of Empower's programs and events are provided at no cost to participants. We are committed to ensuring that financial barriers do not prevent children and young adults from receiving the support they need.

6. Where are Empower's programs available?

Our programs are available in 8 regions nationwide, including:

- Southern New England
- NYC/NJ
- Washington D.C.
- North Carolina
- Southeastern Florida
- Chicago



- Denver
- Los Angeles/San Diego

Check our website for details on specific events and services in your region.

7. How can I get involved with Empower?

There are several ways to get involved:

- **Participate in Programs:** Sign up for an event or our Mentor Program.
- **Volunteer:** There are a variety of ways you can volunteer your time and talent! Volunteer at a kids event, serve as a Mentor, join a fundraising committee such as LUMINARIA or a Special Event, and so much more!
- **Donate:** Support our mission by making a donation to help us continue offering free, impactful services to grieving families.

*For more details on how to get involved, visit the "Support" page.

8. How do I become a mentor?

To become a mentor, you must meet the following criteria:

- You must be 25 years old or older.
- You should have experienced the loss of a parent and be passionate about supporting others who are grieving.
- After meeting these criteria, you can apply through our website, where you'll complete an application and be interviewed by Empower program staff. We are looking for mentors who can offer guidance, support, and a compassionate presence to children, teens, and young adults who are navigating grief.

9. Can I attend an event even if I'm not currently in need of mentorship?

Yes! Our events are open to all children, teens, and young adults who have experienced the loss of a parent, regardless of whether they are currently involved in the mentorship program. Our events provide a supportive community where you can connect with others who understand your experience.

10. How do you match children and young adults with mentors?

We carefully match children and young adults with mentors based on a few key factors. We pair each participant with an adult mentor of the same gender who has experienced the same type of parental loss. This matching process ensures a deeper connection and understanding between the mentor and the mentee, allowing for more meaningful support and guidance throughout their grief journey. If the child or adult identifies as non-binary, we work closely with the individual to meet their needs and preferences.

11. What is your mentor screening process?

Our mentor screening process is thorough to ensure the safety and well-being of all participants. Here's how we screen and select our mentors:

- All mentors are interviewed by Empower program staff.

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- Mentors must complete a comprehensive application form.
 - They are required to provide two references: one professional (if applicable) and one personal.
 - Mentors must submit a copy of their driver's license, driving record, and proof of auto insurance.
 - A nationwide criminal background check is conducted for all mentors.
 - Mentors must complete Empower's training course, which prepares them for supporting young people who are grieving.
- These steps ensure that our mentors are qualified, trustworthy, and equipped to provide the best support possible.

12. How to Tell a Grieving Family About Empower

When speaking with a grieving family, approach the conversation with compassion and empathy. Gently explain that Empower provides free programs designed to support children, teens, and young adults who have lost a parent. Let them know that Empower offers two main types of support: mentorship, where their child can be paired with someone who understands their loss, and events where they can connect with others who share similar experiences. Reassure them that the programs are safe, supportive, and designed to help their child process grief in a healthy, caring environment. Encourage them to reach out for more information and assure them that there's no pressure to commit—Empower is here to help whenever they're ready. Share the website with them to learn more, or offer to introduce the family to one of our program staff when they are ready.

13. How can I contact Empower for more information?

For any questions or additional information, you can reach us through our About page, or by emailing us directly at info@weareempower.org. We are happy to assist and provide more details about our programs.